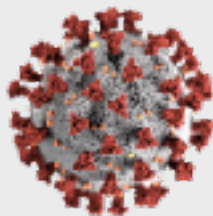


# SMS Newsletter



## COVID-19 Closure Memo #6

- Distant Learning Daily Routine
- Grade Level Specific Resources
- 8th-Grade Promotion and Trip



Stay Home...Stay Safe  
Save Lives

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This spring has sure been exceptionally windy. I wish all this wind could blow away the current health concerns; however, it feels like they are a wind of change. It is a change that is helping us to slow down and make adjustments to our daily lives, but also a change that has temporarily crippled our economy! The good news is that we have seen construction workers return to job sites. Additionally, state parks and public lands will open on May 5 to recreational activities with social-distancing guidelines. I am sure looking forward to some social-distancing out on the lake fishing. Public gatherings and team sports continue to remain prohibited, and we know that all schools across our state have transitioned to distant learning for the rest of this academic school year.

Remember, distant learning is still school, just without being physically present at school. Students are encouraged to complete the work on the Summit Learning platform and the packets sent home. All students need to monitor their school email and utilize the teacher's cell numbers (see 'SMS Contact' list to the left) to connect with their teachers to get help and ask questions. The MS staff is eager to hear back from all of our students.

Internet access is limited in some areas within the outlying community. Please utilize the community wifi points at the school, county library, and coffee shop parking lots. Last week, I challenged our students to get connected with their school work at Summit Learning. We saw 68% of our students actively working on Summit Learning over the last seven days. I encourage all homes to develop a daily routine that includes focused time to work on school. Students need to dedicate time to each subject area every day. Don't forget to read...read just for the joy of it!

The current school closure is most impactful for high school seniors who are missing their final prom, spring sports, and traditional graduation ceremony. 8th-grade students are also missing out of their last year in middle school as they transition to high school. The MS staff is committed to celebrating our 8th-grade students. Please browse through your phones and cameras and email me pictures for an 8th-grade slideshow. I promise you, the show will go on. I am just not sure what it will look like yet! Sadly, the 8th-grade trip has been canceled. The funds collected for the class will remain with the class and will roll-up to their high school class account! 8th-grade students and parents, your ideas and suggestions for the promotion are valued and needed. Please send an email or text to share your ideas. Next week, the school will have a better idea of the state restrictions and will start planning our celebration.

Please continue to watch for calls and emails from the middle school staff. We are here to help support all students and parents during this time of distance learning.

Sincerely,

Mr. Joachim, MS Principal

Hi everyone, this is Miss Stefanie, your mental health therapist. As part of the Mary Walker family, we want you to remember that you are not alone. We are all here to support you, and we would love to hear how you're doing!

Let's talk about journaling for a minute. I know, I know, for some of you, that suggestion just earned me an eye-roll. Ok, so maybe the act of writing is not something you're excited about, what about drawing? Yes, studies show that the process of drawing, to express your feelings, or tell your story, can be very therapeutic. You might think of the current situation as an opportunity to record history from your perspective. Think about your future self; let's say 50 years from now. Wouldn't it be amazing to look back at this time period and say, "Yep, I made it through that experience"? Daily journaling can be about anything, and it doesn't have to be grammatically correct even. One of the best ways to look at a situation differently or come up with a new idea, project, or goal is to write down the first word that pops into your head and then the next word, and then the next word and so on. Don't worry about spelling, punctuation, or even if it makes any sense at all. The point is to just get words out of your mind and onto the paper. Do this for a couple of pages. Then stop, look back at what you jotted down and notice any words that were repeated? Any patterns? Oh, I should mention that this exercise works best if you write your words as quickly as possible, without stopping to 'think' about what you're writing. Try doing this just once a day and work up to two notebook pages at a time; it shouldn't take you more than 10 minutes. Try it just before you go to bed, do you sleep better or worse? Keep in mind that, like most exercises, it will take more than one time to really get the hang of it. I'd love to hear what you discovered or not.

Well, that's it for this week. I'm hoping you are all doing well and staying healthy! If you feel like it would be helpful to talk, I am here for you. My work cell is 909-375-3230, please feel free to text or call, and we can set up a time to visit. You may also email me at [sstephens-wilson@marywalker.org](mailto:sstephens-wilson@marywalker.org). Until next time, remember this is all temporary!

## Springdale Middle School Tidbits

### "Stay at Home, Stay Healthy"

The district phone lines are back up and working. The COVID-19 phone number is **509-258-4798**. Please use this line to share how we can continue to support your family.

### Summit Learning

Many students continue to work online on their projects and focus areas at [summitlearning.org](http://summitlearning.org). Great job! A new teacher messaging feature has been added to the Summit platform that allows teachers to email all students in a course. Be sure to monitor your email to see these new messages. Also, the blue line continues to move; however, all power focus areas since March 16th are exempt and will no longer be red. The main priority is to complete checkpoints and final projects. Math is a bit different than the other core classes, so be sure to see Mrs. Moss's email. All students are still encouraged to complete the power and additional focus areas.

### Book Checkout

Please stop by the school to borrow a novel from the bookshelf right inside the front door. Record your name, book title borrowed, and date on the clipboard on top of the shelf.

### Science Journal

Need a journal for your science project? We have purchased handy little pocket journals for all students. Please stop by the district office to pick one up if you haven't received one with the meal delivery or in the mail.

### 7 Minute Workout!

This is a workout that is made up of 12 30-second intervals of jumping jacks, wall sits, push-ups, abdominal crunches, chair steps, squats, tricep dips, planks, high knees, lunges, push up slides, and side planks. Give it a try, it's only seven minutes.

**We hope to see you soon!**